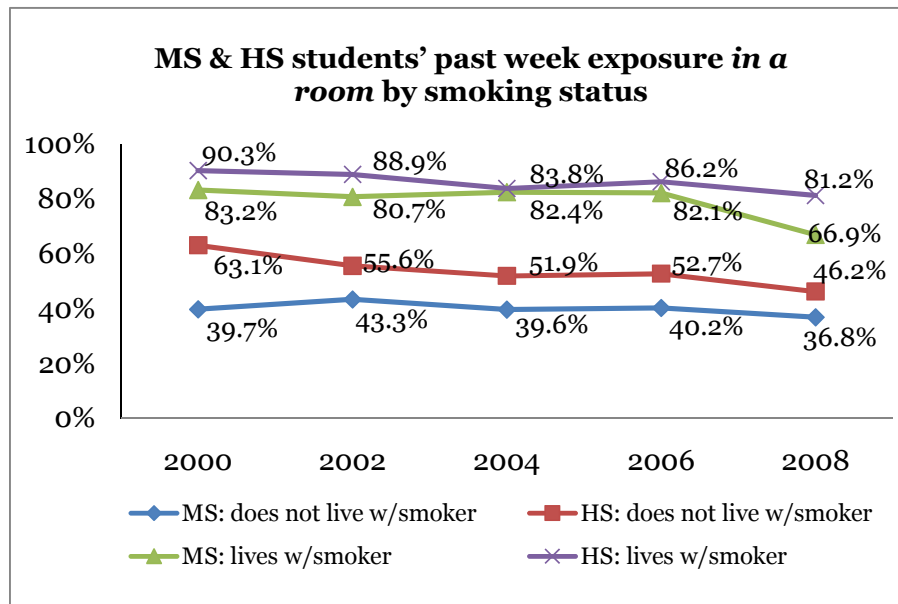


Youth Exposure to Secondhand Smoke and Rules about Smoking in the Home

Each year in the United States, an estimated 50,000 deaths are attributable to secondhand smoke exposure. Approximately 1,240 of those deaths are to Hoosiers adults from exposure to secondhand smoke. Secondhand smoke has been classified by the U.S. Environmental Protection Agency as a cancer causing substance. In children, secondhand smoke contributes to acute and chronic respiratory illness, asthma, middle ear illnesses, and Sudden Infant Death Syndrome (SIDS).

According to the 2008 Indiana Youth Tobacco Survey:

- Secondhand smoke exposure among Indiana youth has decreased since 2000, but those downward trends have recently slowed down.
- Approximately 81% of high school students and 67% of middle school students who live with a smoker reported being exposed to secondhand smoke *in a room* on at least 1 day in the past week.
- Nearly 69% of high school students and 60% of middle school students who live with smokers reported being exposed to secondhand smoke *in a car* on at least 1 day in the past week.
- Among middle school students who live with a smoker, 49% reported that their homes were smoke-free. Among high school students living with a smoker, 44.1% reported that they live in a smoke-free home.



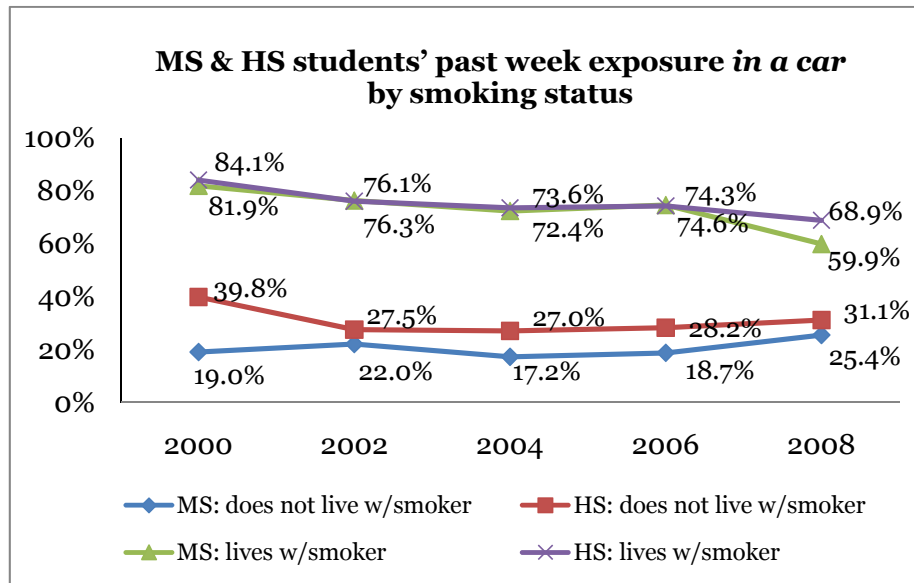
Indiana Tobacco Prevention and Cessation

~ www.itpc.in.gov ~ 317.234.1787

~ www.QuitNowIndiana.com ~ www.indianaquitline.net ~ www.Voice.tv



1-800-QUIT NOW
Indiana's Tobacco Quitline



Youth exposure to secondhand smoke remains unacceptably high. Some exposure among high school students may be attributed to smoking by their peers; however, it is more likely that adults expose the middle school students to secondhand smoke.

Household Rules:

The percentage of youth reporting that they live in smoke-free homes continues to increase. Among middle school students who live with a smoker, the percentage reporting that their home is smoke-free significantly increased by 30% between 2006 and 2008. Among high school students who live with a smoker, the percentage reporting that their home is smoke-free significantly increased by 23% between 2006 and 2008.

What can you do?

- If you smoke, quitting will benefit not only your health but the health of your children. Call 1-800-Quit-Now for help.
- Institute and enforce strict no-smoking rules for your home and your car.
- Encourage your children to ask others not to smoke around them.

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